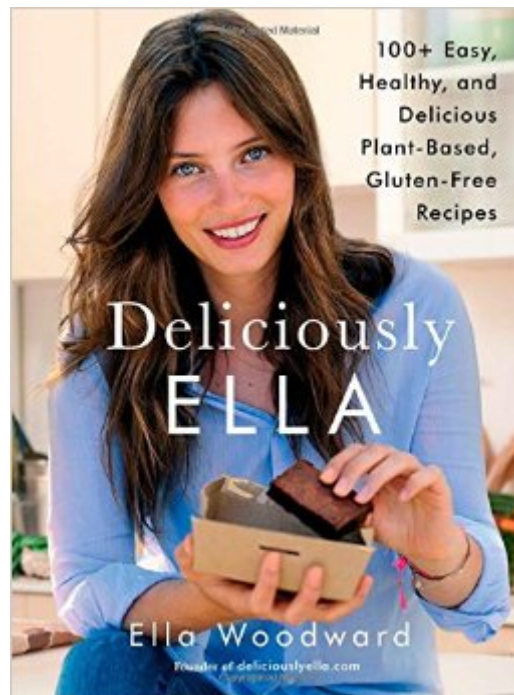


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# Deliciously Ella: 100+ Easy, Healthy, And Delicious Plant-Based, Gluten-Free Recipes



## Synopsis

From the founder of the wildly popular food blog Deliciously Ella, 120 plant-based, dairy-free, and gluten-free recipes with gorgeous, full-color photographs that capture the amazing things we can do with natural ingredients. In 2011, nineteen-year-old Ella Woodward was diagnosed with a rare illness that left her bed-ridden, in chronic pain, and plagued by heart palpitations and headaches. When conventional medicine failed her, Ella decided to change her diet. She gave up meat, gluten, dairy, sugar, and anything processed—and the effects were immediate: her symptoms disappeared, her energy returned, and she was able to go off all her medication. A self-confessed sweet tooth, Ella taught herself how to make delicious, plant-based meals that delight the palette and improve overall well-being. Deliciously Ella is an essential, how-to guide to clean, plant-based eating, taking you through the best ingredients and methods for preparing easy, exciting meals. This is not a diet—it's about creating a new mindset that embraces fantastic food. From sweet potato brownies to silky chocolate mousse and roasted butternut squash risotto and homemade fries and ketchup, Ella shares 100 brand-new recipes and twenty classics in her signature, elegant style. Packed with vivid photos and simple, foolproof instructions, Deliciously Ella provides a foundation for a pure, unprocessed, unrefined diet, so you can look and feel better while enjoying great food.

## Book Information

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## Customer Reviews

I have already reviewed this cookbook, but I have now made just about every recipe. I have some helpful hints! When Ella calls for buckwheat, it is the light buckwheat, not the Bob's red mill variety. My children laughed for quite sometime when instructed to "take out (the buckwheat focaccia)"

when golden brown". It was mud brown to begin with. So it is going to lighten in the oven? ;). Most of the recipes work with half the recommended dates. The girl has a serious sweet tooth. The quinoa pizza crust , almond chia bites ( with less dates),spicy roasted chickpeas, berry scones with coconut cream , quinoa fritters, sweet potato brownies, zucchini noodles with alvocado pesto, lentil bolognese, all work pretty close to directions. The majority of the recipes in the book do not. From poor seasoning ( 3 tbsp dried herbs in bread.:( to bland and fall apart ( oat bars) it's a very frustrating cookbook. Most of the recipes are done better on other blogs. i was also disappointed in recipes for date purÃ©e ( dates and cinnamon... actually it is much better with lemon juice and vanilla powder) , Nutella, roasted veg, baked apples, hummus, polenta, quinoa ....snore. I wish she would have added a little creativity to them if added. As is, I use it primarily as ideas to create my own recipes, which is not a bad thing. Inspiration is worth a few dollars! Overall, I applaud her simple cooking style and primarily healthy ingredients. I hope that her next book has more recipe testers so that I can have more success with it.

There are a handful of food / lifestyle blogs I follow and the Deliciously Ella Blog is one of my favorites! As a brief back-story, the author, Ella Woodward was diagnosed with a rare condition called Postural Tachycardia Syndrome at the age of 19 which left her bed ridden, exhausted, with heart palpitations and when no relief was found through convention medications; she looked to changing her diet to be a whole food, plants based diet which did indeed alleviate her symptoms.The good:The great thing about all this is Ella is self taught, so, if like me you are not the world's best cook - no worries as these recipes are largely uncomplicated and easy to follow. You do not need to go wild and buy a bunch of kitchen gadgets though honestly a good blender and good processor do lend well to many of these recipes. Also a lot of her recipes use basic foods that are easily found, and though there are some ingredients the average cook may not have in their pantry (Nutritional Yeast, Maca, Cacao, Baobab powder to name but a few ) there are often substitution or the ability to omit such ingredients. The beginning of the book features a pretty comprehensive guide to building your pantry as well as a guide to the properties of many of these ingredients; and this follows through in each section.Though I have tried many of her recipes from the blog., it was great to finally have her recipes accessible in one spot. The book is organized into sections that highlight the ingredients : Grains, nuts and seeds, beans and legumes, vegetables , fruit followed by a smoothie / juice section and a guide to her eating mantra along with resources. I also liked the fact that she added personalization to the book detailing her story at the beginning .There were a lot of new recipes here that I had not previously seen on the blog ; so I was happy to

get so many new recipe ideas. That said, I spotted several dishes I have made in the past such as the Chia breakfast pudding, the coconut porridge (which is delicious and great pre workout) the spicy roasted chickpeas and the raw brownies. All were simple and tasted great! The steps are simple and minimal and do not require precise cooking skills; and its really easy to follow. The bad: The only issue I have found consistently with the recipes, is sometimes they lack seasoning or a depth in taste. This could be due to the fact that she is not a professional chef or it could be a Brit thing...I am British and growing up there found beyond curries (which oddly British people enjoy very spicy and bold) people tend to hold back on seasoning and spice. This came through in many of the things I have made such as the cannellini soup and the black bean chili which was too obscured in taste by tomato paste ; and I found myself having to add more of the given seasonings, or add different types of spice / herb to give it any flavor at all. So far my husband has not been impressed with any dish so if you have someone with a bold palette you might want to taste carefully before you serve and adjust seasoning to taste. The other thing to note is this dish is rather dessert /snack heavy but missing balance with enough main dishes that contain a protein element. For example chick peas, potato wedges or cucumber rolls are sides or snacks but not really a main dish; there are a lot of breakfast choices, or sweet snacks along with smoothies, sides, dips etc . I personally really liked the mix of recipes but it's worth nothing to top heavy sweet element if you are looking for more in the way of savory or main dishes. Finally for those that like their cookbooks traditional: Breakfast then lunch, dinner and snacks, you might struggle with this as with the recipes being sorted by ingredient type there is little rhyme or reason what to expect , for example turmeric fritters and risotto are followed by porridge which is then followed by scones and cookies . It is honestly a little hard to follow and hence my reason for 4 stars not 5 . That said, as a fan of the blog, I am excited to finally have this cookbook. Like her blog, the pictures are stunning and plentiful ; and there are a lot of new recipes in here I am excited to try! From a home cook to the home cook makes these recipes attainable for us all , bringing healthy, sometimes, raw, always plant based, recipes to the masses; and yes as a parent, I can attest to the fact that the kids will enjoy many of these recipes too and with their simplicity, can even join in making them! A great book, just wish it was a tad more organized!

I hadn't heard of the Deliciously Ella blog before ordering this, but I'm always on the hunt for good whole-foods, vegan cookbooks, and once the positive reviews of this came in, I decided to order it. It's one of the loveliest cookbooks I've seen! At the start of the book, Ella shares how she switched to a plant-based diet when she was ill with Postural Tachycardia Syndrome. After reading about

how Kris Carr used a plant-based diet to keep her cancer at bay, Ella switched to a gluten-free, plant-based way of eating, and it helped move her into remission. My copy only arrived yesterday, but I already made the Cinnamon Pecan Granola and the Almond and Chia Energy Bites. Each came together in just over five minutes, and are absolutely delicious. (I've included pics of each one.) All of the recipes also use easy-to-find ingredients, and they are simple to make. You will want a high-quality blender and food processors, but otherwise you don't need any fancy equipment. As another reviewer mentioned, the way that the recipes are organized (by Grains, Nuts and Seeds, etc.) makes it a bit harder to find recipes. On the title page for each section, there is a list of recipes, but it would have been nicer if the publisher had created a Table of Contents for the entire book since the types of recipes (breakfasts, snacks, etc.) are all mixed in the main sections. If you're not vegan, Ella also doesn't try to proselytize or make anyone feel guilty. Instead, she encourages you to try out some of these recipes, and to even make them your own by adding meat or cheese if you prefer them that way. The recipes are so delicious, though, that nourishing your body by eating healthfully will soon become second nature. Since moving to this kind of eating a little over two years ago, I've found that I don't crave overly sugary foods, and can rely on plants for energy and all of my nutritional needs (except for B12, which I take a supplement for). In addition to this book, I also recommend *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out* and *Chocolate-Covered Katie: Over 80 Delicious Recipes That Are Secretly Good for You*. All three of these books believe in the philosophy that you don't need to count calories, as long as you nourish yourself with healthy foods. Bon appetit! UPDATE ON 4-23-14: Last night I made the items in the third photo -- roasted red bell pepper hummus, quinoa tabbouleh salad, and falafel. All three were amazing and easy to make, and I think it was the best falafel I've ever had! This cookbook really is fantastic!

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